

## Learning Mindfully in CLIL Settings: Attention Practices and Stress Management Tools

Lucena, 9 de mayo de 2019



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### - INTRODUCTION -

Would you believe me if I told you that your breathing is a powerful transformative tool ready to be used in CLIL settings? Whether your answer is affirmative or negative, maybe you want to recollect the many times that you may have felt that, after long hours of preparation, you were not connected enough to your students' responses during the session; or the times when your students were not in the right mindset for your teaching proposal; or the countless days you have felt discouraged at finding a student struggling with difficult emotions. This is, unfortunately, commonplace in CLIL settings. The question then is: How can I, from my academic specialty, actively accompany my students in both their personal and academic growth and to provide them with memorable learning experiences? Mindfulness provides techniques easily implemented in the classroom that can potentially greatly transform our lessons. Breathing is a great meditation tool that anchors us to our inner selves, creates extra room there for growth and allows us to become aware of ourselves and those around us in the present moment. Full awareness, conscious learning, increased attention, the improvement of self-esteem and the relationship with others in the classroom are just some of the many benefits of mindfulness.

### - OBJECTIVES -

- Reflect on the dangers of daily teaching in autopilot mode.
- Consider stress in school environments: complex emotions.
- Become familiar with research on mindfulness at schools.
- Practice some short mindful practices.

### - CONTENTS -

- The nature of human attention: the IAA model in mindfulness.
- Auto-pilot versus beginner's mind.
- Stress in school environments from a mindful perspective: the wheel of emotions.
- Meditation and other mindful practices in the classroom.

NOTE. Please, bring comfortable clothing, pillows, mats and blankets.

#### IMPARTIDO POR:

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#### COORDINACIÓN:

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#### DIRIGIDO A:

Profesorado de centros bilingües y profesorado interesado en general.

#### FECHA DE REALIZACIÓN:

9 de mayo de 2019.

#### HORARIO:

De 17:00 h. a 20:00 h.

#### LUGAR DE REALIZACIÓN:

CEIP Al-Yussana (Lucena).

**PLAZO DE INSCRIPCIÓN:** 12.00h. del 6 de mayo de 2019.

**NÚMERO DE PLAZAS:** 20.

**Nota:** Las INSCRIPCIONES deberán realizarse a través de SÉNECA (en el apartado CEP). En nuestra web disponemos de un enlace directo a las actividades convocadas. La lista de ADMITIDOS/AS podrá consultarse en SÉNECA. Para obtener la CERTIFICACIÓN hay que asistir al menos al 80% de las horas presenciales de la misma, así como realizar y superar las tareas propuestas, entre las que se encuentra cumplimentar la encuesta de valoración online en Séneca. Si la persona admitida tiene discapacidad motora o sensorial, debe indicarlo a un coordinador/a para proveer los recursos necesarios.

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